

ABSTRACT

STARCH SUB-TYPES AND LIPID METABOLISM

5           A method is provided for regulating carbohydrate and fat metabolism in  
an individual which method comprises replacing a proportion of the individual's  
daily carbohydrate intake with resistant starch and a proportion of the  
individual's saturated fat intake with unsaturated fat. Also provided are  
compositions comprising resistant starch and unsaturated fats and methods for  
10   making and using the same.